

**“Training of Trainers”**  
**How to Facilitate a Suicide Prevention Awareness Program**  
**Practice Sections Based on Power Point Handout with Notes**

**Section One: (pages/slides 1-5) (10 minutes)**

- 1-2. Introductory pages ...Maine Youth Suicide Prevention Program/Agenda
- 3-4. Language considerations and definitions
5. Maine Youth Suicide Statistics

**Section Two: (pages/slides 6-10) (7 minutes)**

- 6-8. Suicide Attempts
9. Facts or Myths
10. Summary Points

**Section Three: (pages/slides 11-16) (7 minutes)**

12. Definitions (defined and described)
13. AAS Warning Signs
14. Tier One Warning Signs
15. Tier Two Warning Signs
16. Verbal Clues

**Section Four: (pages/slides 17-23) (15 minutes)**

17. Risk Factors for Suicide
18. Risk Factor Chart
19. From a Suicidal Person’s Point of View
20. Invitations to Help
21. Protective Factors (defined and listed)
22. Summary

**Section Five: (pages/slides 24-26) (5 minutes)**

23. Why People Hesitate to Intervene
24. What is NOT Helpful
25. What IS Helpful

**Section Six: (page/slide 27) (10 minutes) (MOST IMPORTANT-DO NOT SKIP)**

26. Practice Session (as directed with group of adults) (use handout!)

**Section Seven: (pages/slides 28-35) (16 minutes-maximum)**

- 27-28. Resources for Help-in community and in school
29. Our protocol
30. After An Attempt
- 31-32. Survivors of Suicide
33. How You Can Help After a Suicide
34. Take Care of Yourself

***DVD, “A Life Saved” creates a powerful ending to the program...or works well right after the practice session.***

***Video “A Preventable Tragedy” can be used as a resource for those who miss the presentation, or parents & community members!***